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Clothing drive is where it's at

CHARITY University of Alberta students will be giving the clothes off their backs to help out the kids at the Youth Emergency Shelter Society (YESS) tomorrow.

Wear It's At, a new-to-you clothing and accessory sale will run from 9 a.m. to 4 p.m. in the Business atrium.

Students have been cleaning out their closets for this cause, which will donate 50 per cent of all proceeds to YESS.

Bailey Sutton will be on hand entertaining the crowd of bargain seekers. Bring your cash, that's all that will be accepted.

METRO EDMONTON

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Spring into brunch classics

Your Money pg 13

U.S. markets a bargain

Canada pg 5

Budget trimming grounds MPs

On the web

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Masters Tame Tiger

Tiger Woods speaks during his press conference yesterday at the Masters golf tournament in Augusta, Ga. The tournament begins Thursday. Woods used the press conference to acknowledge that he has "acted terribly." More coverage, page 14.

Dry start to April causing brush fires

Weekend breakouts prompt provincial bans

ANDREAS MORSE and YONATHAN SUMAMO

A warm and dry start to the month has led to plenty of brush fires breaking out over the past few days.

About 40 counties across Alberta have strict fire bans in place, according to the Alberta Fire Ban website.

"We only have about 70 per cent of our regular moisture," said County of Wetaskiwin fire marshal Ken Carlson. "The snow is getting converted right to moisture so there is no run-off, plus the grass and twigs are so dry. It's just volatile out there."

About a half-dozen fires started over the weekend in the County of Wetaskiwin alone, hence the bans.

Although the restrictions vary in each county, they roughly follow the same guidelines of prohibiting all open-pit fires, including burn barrels and campfires. Some counties are allowing the use of natural gas or propane barbecues.

The Forest Protection Area covers the 16 per cent of the province that isn't under a county's jurisdiction.

Alberta Sustainable Resource Development's wildfire information officer Geoffrey Driscoll said about 30 fires, over the past couple of days, have sprung up in the protected area, but none of them

have impacted any communities.

"Most of them are pretty little," Driscoll said. "Most of them are just farmers, or other people in the area, burning without a permit."

Driscoll said the biggest fire his department is currently dealing with covers 60 hectares.

Late last week, a 150-hectare fire shut down Highway 1 at the intersection of Highway 22 near Cochrane.

No fire bans are currently in place for the Fire Protection Area but there are some bans in place in provincial parks.

For more information, go to www.albertafirebans.ca.

Feds mull pardon ban for sexual predators

LAW The federal government is looking at barring sex criminals from receiving pardons, or at least extending the time they would have to wait before applying.

Public Safety Minister Vic Toews said yesterday the government will seek ways to end "rubber-stamped" applications after revelations that sex-abusing hockey coach Graham James was pardoned by the National Parole Board.

But those who work with offenders say changing the law because of one rogue case is folly that will do more harm than good.

"I think we ought not be running around with our hair on fire every time an institution like the pardon system or the parole system doesn't live up to our expectations," said Craig Jones of the John Howard Society, which helps offenders readjust to society after release.

A pardon does not erase a person's criminal record, but can make it easier for an ex-convict to get a job and travel abroad. In the case of sex offenders, a flag remains on the pardoned offender's file, serving as an alert should they seek work with children or other vulnerable people.

Toews said he was surprised to learn that James, a former junior hockey coach, was granted a pardon from the parole board in 2007 for sexual assaults against two teens, including Sheldon Kennedy, who would go on to play in the National Hockey League.

"I think there needs to be a little more direction given to the board in terms of what they can consider overall, and that these things should not just be rubber-stamped," Toews said yesterday as outrage over the James pardon grew.

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3

Local



Russell rolls into town

Singer-songwriter Tom Russell is playing the Arden Theatre on April 16 at 7:30 p.m. Tickets are \$32. Russell is currently touring in support of Blood and Candle Smoke, his critically acclaimed new album.

METRO EDMONTON

Casino to host landmark tournament

ANDREAS MORSE
for Metro Edmonton

It's being billed as East vs. West, and the territorial battle is ready to go down at the River Cree Casino and Resort this month.

Let's Get It On MMA (LGIO MMA) announced the launch of Canada's first mixed martial arts (MMA) tournament, which opens April 23, staged to crown the next MMA Canadian champion at 155 pounds and 170 pounds.

"Our idea was about creating a platform that allowed new MMA talent to shine," said Mike Garrow,

one of the promotion's executive producers. "We're looking to help build the sport as a whole."

The tournament travels east to Casino Lac-Leamy in the Ottawa-Gatineau region May 21.

Each month, LGIO MMA events will go back and forth to these two MMA hotbeds as the tournament unfolds over nine months, culminating with the finals on Dec. 10 at the River Cree.

"We really want to create a show that has something for all MMA fans to enjoy and get their money's worth each time out," said Elaine McCarthy, the



Jason MacDonald, left, has fought in the UFC and is now ready to take on Matt Horwich at the Let's Get It On MMA event at River Cree Casino later this month.

woman responsible for the promotion. "That is what we are striving to deliver."

The tournament prominently features Canadian fighters and kicks off with

MMA on TV

• If you can't make it to the live event, a two hour television series is being produced and will feature the best fights from each card. Check your local listings.

one of the best in Jason "The Athlete" McDonald, who fights out of Edmonton, against Californian Matt Horwich.

"Jason has obviously been a tremendous draw in Canada but certainly a real big draw in the west," Garrow said. "It gives him an interesting match-up with Matt."

Get 81 tips on investing in real estate at book launch

MONEY Don Campbell does not sell real estate. But the bestselling author does know a thing or two about making money off it.

Campbell is a real estate educator, researcher, personal real estate investor and president of the Real Estate Investment Network (REIN). The man of many trades is in Edmonton today to launch his latest book, 81 Financial & Tax Tips for the Canadian Real Estate Investor.

"It's not how much money you make, it's how much money you keep in your pocket at the end of the day," Campbell said.

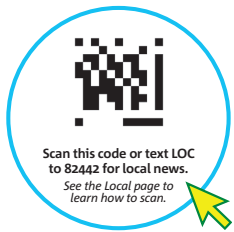
"If you're blindly going into real estate without some sort of plan about what you're going to do with those profits to minimize tax, you're going to be writing a lot of large cheques to the government."

In his latest book, Campbell has laid out tips to help people save money and decrease the amount of tax they pay when they sell their investments.

While he's written on the subject before, Campbell makes his money through real estate, not book sales; proceeds from his books go to local charities.

"We've raised over \$500,000 for Habitat for Humanity Edmonton," Campbell said. "Anybody who buys the book is actually supporting a family in need."

ANDREAS MORSE/
FOR METRO EDMONTON



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What's online today.

Video Wheels of justice turn in Ontario as bikes seized from theft ring make their way to at-risk children at metronews.ca/canada

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Kids and parents hop on over to Valley Zoo for Easter fun

SunnySide
YONATHAN SUMAMO
for Metro Edmonton

FAMILY FUN Hundreds of children and parents headed to the zoo yesterday to end their long weekend with a bang.

It was Easter Monday at the Valley Zoo, and there were hours of activities and events for the whole family to enjoy.

Some events included hands-on science experiments, craft making, book readings and live music.

One mother, Karyn Devittorio, was visiting from New York with her son. She came to the zoo with some friends and said she was pretty impressed with the event. "It was a great day to come out and it's always a lot of fun for the



Louis Devittorio, 7, learns about peacock tails at the Valley Zoo's Learning Lair during the zoo's "Hop To It" Easter Monday event yesterday.

kids," she said.

Her seven-year-old son, Louis, was too busy to stop with his mom, as he was reviewing the life cycle of a

frog and checking out a snake skin.

Even though they had just started their day, Louis couldn't wait to see some

of the zoo's animals.

The next special event at the zoo is Mother's Day on May 9, when the zoo will be turned into a spa.



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The Catalyst Theatre kicks the 2010-2011 season off with a classic. Frankenstein returns to Edmonton's Timms Centre for the Arts on April 13 for its fourth season run and features the original cast and crew. Once the run is finished in Edmonton on April 18, Frankenstein takes the stage in Toronto for 34 performances. **METRO EDMONTON**

News in brief

REEL FEMME FESTIVAL Women and film will be the focus on Saturday as the Edmonton Women's Film Society (EWFS) presents the 6th Annual Reel

Femme Film Festival. Some of the film highlights include a picture looking at the reconstruction effort in Haiti, the creativity of Canadian

women, and the talents of Mary Walsh. Tickets are available at the door or online at tixonthesquare.ca.

METRO EDMONTON

EDMONTON

CAPITAL CITY DOWNTOWN PLAN

Open House and Public Meeting

Thursday, April 8, 2010

Open House: 5-7 pm • Public Meeting: 7-9:30 pm
City Hall • 1 Sir Winston Churchill Square

The Capital City Downtown Plan is nearing completion.

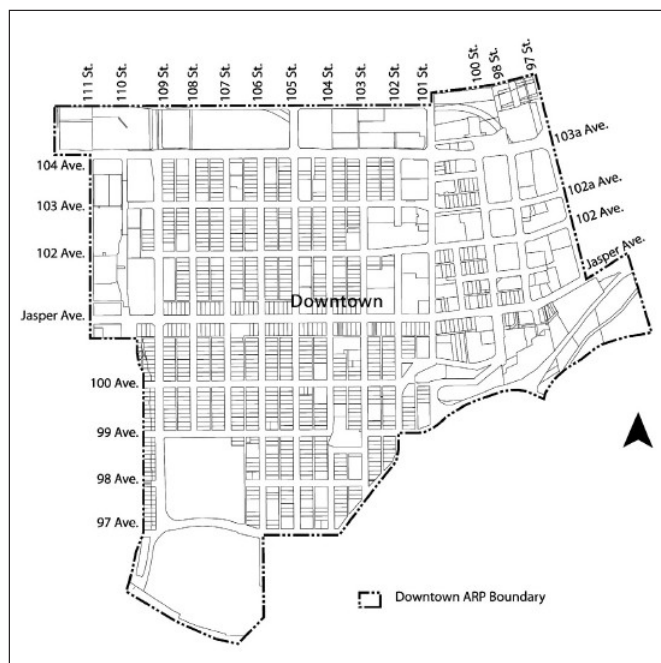
Over the past few years, extensive public involvement was conducted including workshops, public open houses and information booths. All of this feedback has helped inform and guide the content of the new draft Capital City Downtown Plan.

The draft Capital City Downtown Plan sets out a new planning and land use framework for the Downtown neighbourhood, as well as a bold new vision, a wide range of policies, detailed urban design criteria, and an action plan for addressing specific physical improvements. The plan will also identify future street-level LRT corridors within the Downtown neighbourhood.

The draft Capital City Downtown Plan can be viewed online at www.edmonton.ca/downtownplan.

For further information contact **Duncan Fraser**, Project Manager at 780.496.6118 or email Duncan.Fraser@edmonton.ca or **Brian Murray**, Planner at 780.496.6876 or email Brian.Murray@edmonton.ca.

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Tennis Rogers Under-14 Championships



Alina Jurca, 11, an Edmonton tennis player returns a shot during 2010 Rogers Under-14 Indoor Tennis National Championships action at the Saville Sports Centre yesterday.

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Afghan President Hamid Karzai threatened over the weekend to quit the political process and join the Taliban if he continued to come under outside pressure to reform, several members of parliament said yesterday. Lawmakers dismissed the latest comment as hyperbole. **THE ASSOCIATED PRESS**

World



Athletes' wedding plans under fire

Indian police have questioned former Pakistan cricket captain Shoaib Malik ahead of his marriage to Indian tennis star Sania Mirza, left, about another woman claiming to be his wife. The news of the Malik-Mirza wedding plans sparked instant news coverage in the region because neighbouring Pakistan and India are longtime rivals, and have fought three wars since their independence from Britain in 1947.

THE ASSOCIATED PRESS

Deadly attack follows lull in Pakistan violence

Islamist militants unleashed a car bomb and grenade attack against a U.S. consulate in northwestern Pakistan yesterday, killing four people and striking back after months of American missile strikes against Taliban and al-Qaida fighters in the region.

Hours earlier, a suicide bomber killed 45 people and wounded more than 70 at a rally by a secular political party in the northwest that has supported recent Pakistani army offensives in the region close to Afghanistan, where the United States is battling a related insurgency.

The attacks follow a lull in violence since the begin-

ning of the year, illustrating the militants' resilience.

The multi-pronged strike against the consulate in Peshawar city was the first direct assault on a U.S. mission in the country since 2006. Officials said the four attackers in two vehicles hoped to breach the heavily-fortified compound and kill people inside, but they failed to do that and caused only minor damage.

They detonated their first suicide vehicle at a checkpoint some 20 metres from the entrance to the consulate, said Peshawar police chief Liaquat Ali Khan. The second vehi-

cle, which was carrying a larger amount of explosives, was stopped at another security barrier, he said.

"The driver had no option but to detonate the vehicle right there," said Khan.

The second blast killed two militants wearing suicide vests, said Khan.

THE ASSOCIATED PRESS



War of the Worlds 2? Jordanian newspaper's prank goes wrong

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Colombia Painful day



Maria Gomez, centre, and Maria Jaramillo, mother and sister of Manuel Jaramillo, cry at the entrance of the morgue in San Luis, Colombia, yesterday. Manuel Jaramillo, 15, was among at least 21 people killed on Sunday, when a bus on the Medellin to Bogota highway left the road and fell down a cliff.

LUIS RAMIRO/GETTY IMAGES

More than 100 miners freed

CHINA More than 100 Chinese miners were pulled out alive yesterday after being trapped for over a week in a flooded coal mine, where some ate sawdust and strapped themselves to the shafts' walls with their belts to avoid drowning while they slept. A rescue spokesman said 115 survivors had been pulled out as of yesterday morning. "A miracle has finally happened," Liu Dezheng told reporters yesterday, after the first nine miners were taken out shortly after midnight. Of the 153 initially trapped, there are still 38 miners in the shaft. Rescuers expressed confidence they could be saved, but did not say whether there had been any contact with them.


THE ASSOCIATED PRESS

News in brief

WEST VIRGINIA Dozens of rescuers were trying to find 19 missing miners after an explosion killed seven workers at an underground coal mine with a

history of releasing vast amounts of highly combustible methane gas, the mine owner and mine safety officials said.

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Comment

Harper may say Simon fits GG spot

NationalReport

Lawrence
Martin

metronews.ca/nationalreport

s the race for governor general over before it's begun? Canada has never had a member of our First Nations as governor general. That's quite an oversight and the word from the prime minister's

neighbourhood is that he has been thinking of this and feels it's time the problem was rectified.

The aboriginal candidate who is attracting attention is Inuit leader Mary Simon. If the prime minister can be satisfied she can do the job with rudimentary French, sources say she's got it in the bag.

Forget all those celebrity names being bandied about like William Shatner. The post requires experience in politics and public affairs. Among other positions in

her distinguished career, Simon has been ambassador to Denmark, ambassador for circumpolar affairs, chancellor of Trent University, and a negotiator for native peoples during the repatriation of the constitution.

She hails from a town in Nunavik in northern Quebec and Harper has become fond of the North since becoming prime minister. Northern development and Arctic sovereignty are among his top priorities. He has also taken a keener in-

terest than expected in the native peoples.

Put it all together and Simon — first revealed as a candidate for governor general by Maclean's last fall — appears an ideal choice. It would give the PM a first in history, it would be a great boost for the pride of the native peoples, and it would put a strong stamp on the Northern identity.

Simon has been taking French lessons for the past several months, apparently since her name began being bandied about as a governor

general candidate. Though her French is weak, it is stronger than that of Raymond Hnatyshyn, who served as governor general in the Mulroney years. Her appointment would mean two successive governors general from Quebec, but Simon would be seen less as a Quebec governor general than as a native peoples one.

The Paul Martin Liberals seriously considered an aboriginal for the post in 2005 before settling on Michaëlle Jean, who leaves after a

high-profile tenure that showed how important the governor general's post can be. In 2008, Jean granted a prorogation to Harper, one that may have saved his government.

From that point of view, Harper should be sorry to see her go. But if he is thinking of Simon as a replacement, he may very well have found a splendid successor.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Leave us the birds and the bees, please



Norm Beach

Four decades ago, in the year of the first Earth Day, Joni Mitchell took out her guitar and sang, "Hey farmer, farmer, put away that DDT, give me spots on my apples, but leave me the birds and the bees ... please!"

Amazingly, people and politicians listened and acted, and for the sake of the birds and bees, the toxic chemical DDT was banned. Briefly, it looked good for busy, buzzing, chirping and warbling creatures. But

their numbers have gone in to a tailspin.

In the 40 years since Joni Mitchell's wake-up call, it's been estimated that we've lost nearly half our birds. York University biologist Bridget Stutchbury (Silence Of The Songbirds) blames the destruction of forest habitat as well as poisoning due to pesticides. She recommends we buy organic produce and shade-grown coffee from farms that have preserved trees.

Ironically, bird-killing pesticides put us on a deadly treadmill because fewer insect-eating birds mean more bugs and even more toxic chemicals. And dwindling forests threatened by

wood-eating insects will get smaller still if there aren't enough birds to eat the bugs. We all know birds need trees. How many of us think about the fact that trees need birds?

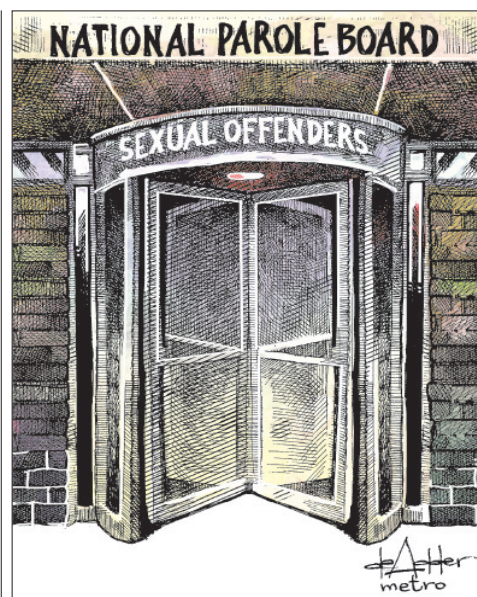
Pesticides are also killing bees and their dramatic population decline threatens our food supply. One-third of our diet comes from flowering plants pollinated by insects, mostly bees.

Recent bee die-offs have been called a mystery because scientists cannot agree on which of several factors is most important. But some widely used pesticides are known bee killers, and it might not be wise to

suspend judgment until all the bees are gone. Because the one certainty is if that happens, we'll be the ones to get stung.

The birds and the bees are not only a metaphor for the miracle of procreation. In terms of ecosystem health, they're like canaries in a coal mine. If they're in trouble, we're in trouble. It's time to wake up and smell the coffee (organic and shade-grown, please.) Otherwise, we will all be singing the saddest line in Joni Mitchell's song: You don't know what you've got till it's gone.

Norm Beach is a writer and teacher in Toronto.



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Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

300,000 iPads sold already

DEVICE Apple Inc. said yesterday that it sold over 300,000 iPads on its opening day, meeting the expectations of some analysts.

The figures, which include pre-sales, were hard-

ly exceptional despite weeks of hype about the revolutionary nature of a new class of device that falls somewhere between the phone and computer. Still, first-day U.S. sales

of the iPad exceeded those of the original iPhone in 2007, according to one analyst. The device is expected to go on sale in Canada later this month.

THE ASSOCIATED PRESS

Parity looms

The Canadian dollar is approaching parity with the American buck for the first time in almost two years, with many predicting it could reach the psychological number at any time.

The loonie was trading up nearly a cent to about 99.8 cents US in early afternoon trading yesterday, the highest since July 2008.

"We're one good number away from seeing the Canadian dollar through parity," said CIBC chief economist Avery Shenfeld.

If it doesn't happen earlier, the trigger may be Friday's employment report for March, particularly if Statistics Canada announces a higher gain

\$1.10 The Canadian dollar hit a record \$1.10 US in November of 2007.

than the 28,000 consensus call.

Jobs have been beating expectations in recent months, including February's surprisingly strong 60,000 pickup in full-time employment.

But economists stress that it is difficult to forecast what a currency will do, noting that the loonie has been flirting with parity for several months but has fallen back several times without rising above that level.

THE CANADIAN PRESS



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TRUMP
EDUCATION

Britain Giving Labour the boot?



The Conservative Party's new campaign poster, unveiled, yesterday, ahead of the upcoming British election. The poster highlights the party's claim that Labour finance plans will crush new business through taxation.

GM announces brake safety system for all new vehicles

AUTOS General Motors will install a new brake safety measure that can prevent unintended acceleration on all its new vehicles worldwide by 2012, the company said yesterday.

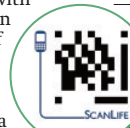
The announcement comes as U.S. regulators consider making the technology mandatory on new cars and trucks after Toyota's problems with vehicles that can speed out of control.

Congress is also exploring the issue after a string of hearings last month on Toyota's recall of millions of vehicles over gas pedals that get stuck or trapped by floor mats.

GM has not had major problems with unintended acceleration, but the company said it was taking the step as a means of reassuring customers about the safety of its vehicles.

A brake override reduces power to the engine when the driver steps on both the brake and accelerator.

THE ASSOCIATED PRESS



"Welcome. Chile is a disaster." Misinformation blamed for post-quake dip in tourism

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Your Money

EDITOR: FERMIN.DESOUZA@METRONWS.CA

Prepare for higher interest rates

Alison On Money

Alison Griffiths

metronews.ca/alisononmoney

t's official. Last week the major banks raised mortgage rates — 60 basis points for a five-year fixed to 5.85 per cent from 5.25 per cent.

Variable rate holders are quaking. Do you lock in, hold your breath and pray, or downsize to delightful Musquodoboit Harbour?

Panic not. June 1 is the consensus pick by the pundits for the central bank to increase interest rates. But I doubt we are going to see precipitous rises to match the fall-off-a-cliff prime rate decline from 6.25 per cent at the end of 2007 to

2.25 per cent in early 2009. So there will likely be time to prepare and consider.

If you are one of the lucky ones with a variable rate pegged at a certain percentage below prime — some are as much as one per cent — you still have lots of cushion. Even if you didn't crack such a yummy deal, any variable rate pegged at a quarter to half over prime or less is one you want to hold on to.

Interest rates could

certainly rise by a

couple of per-

centage points in the

future if the

Consumer

Price Index

keeps in-

creasing. But

if your term has

a couple of years

or more remaining then

you will still be saving on

interest costs with a vari-

able rate. Of course, you do

risk renewing your mort-

gage at a higher rate than

if you had locked in now.

ALISON'S MONEY RULE
The best defence is a good offence when it comes to rising mortgage rates. Create your own mortgage busting plan.



Fixed or variable rate, the best way to protect yourself as interest rates rise is to pay down your mortgage while you have the most advantageous rate.

Fixed or variable the best way to protect yourself is to pay down your mortgage while you have the most advantageous rate. The more you take off the principal the less exposed you are to higher rates in the future.

One reader is attacking her mortgage by cancelling Internet and cable TV service — neither of which she uses much since she leads a busy life. And she intends to get rid of her cellphone when the contract comes due shortly

and (this is huge) do her own manicures.

The \$185 a month saved will nicely speed her mortgage on its way.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

5 reasons why you should file a family tax return

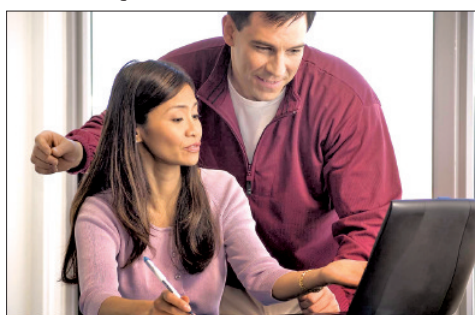
Filing a tax return is the key to unlocking the benefits available to your family. This year, keep more of your dollars in your pocket by checking out some of the benefits your family may be eligible for, including:

1 The Canada Child Tax Benefit (CCTB) — a tax-free monthly benefit for children under 18.

2 The Universal Child Care Benefit (UCCB) — a taxable, guaranteed benefit of \$100 per month per child up to the age of six.

3 The Child Disability Benefit — a tax-free benefit for families who care for a child under age 18 with a severe and prolonged impairment in physical or mental functions.

4 The goods and services tax/harmonized sales tax (GST/HST) credit — a credit that helps individuals and families with modest incomes offset all or part of the GST or HST



they pay on most goods and services.

5 The working income tax credit — a tax credit that provides tax relief for eligible working low-income individuals and families who are already in the workforce.

You can find out more at www.cra.gc.ca/benefits, and if you have questions about the CCTB or the UCCB, you can call the Canada Revenue Agency (CRA) at 1-800-387-1193.

To maximize your benefits and make sure your

payments are not interrupted, you have to keep the CRA updated on any changes in your address, marital status, the number of children in your care, and your direct deposit information. You can do so by calling 1-800-959-8281.

If you need help filling out your income tax return, you may be able to attend a volunteer-run tax clinic in your area. Go to www.cra.gc.ca/volunteer for information and clinic times.

NEWS CANADA

Lenders offer another mortgage option for buyers of fixer-uppers

Canadians feeling a sense of urgency to buy while mortgage rates are low are more likely to engage in bidding wars and overspend or panic and settle for something that doesn't meet their needs, says Laura Parsons, a Bank of Montreal mortgage specialist.

But it doesn't have to be that way — and one alternative is to buy a fixer-upper for an excellent price and have it customized by the time you move in.

Purchase-plus-improvement mortgages can allow qualified purchasers to borrow additional money from a mortgage lender to pay for those renovations. Under the plan, a lender takes into account the improvements made by the new owner and gives credit based on the increased value of the property.

Gary Siegle, a regional manager at mortgage brokerage firm Invis Inc., says the program is aimed at buyers willing to "look beyond the bruises" and visualize how renovations

could transform houses that are often underpriced because they need work.

There's another option for homeowners who want to take advantage of low rates, but avoid the stress of relocating, Siegle says. They can refinance a mortgage to include the cost of renovations or use equity

in the home they already own to secure a line of credit.

Purchase-plus-improvement mortgages also benefit sellers who don't want to waste time and money on renovations before they put their home on the market. Instead, sellers may want to make the buyer aware of the option and then negotiate based on time instead of price, with the seller offering to be flexible about allowing the buyer to start upgrades while still in the home.

Siegle says buyers still have to pay for the renovations up front with a credit card or savings but will be reimbursed when the renovations are complete.

THE CANADIAN PRESS

Netfile makes it almost fun to file taxes

Millions of Canadians have caught the do-it-yourself bug when it comes to filing their income tax returns. Instead of paying someone else to do the calculating and filing, lots of taxpayers use Netfile to file their own returns.

Netfile is the online tax-filing system of the Canada Revenue Agency (CRA). Safe, secure, convenient and paperless, Netfile will get your refund to you faster because the information you file is sent directly to the CRA over the Internet.

To get started, you will need your four-digit access code (included in your income tax return package), your social insurance number and your date of birth.

There are a few situations where a taxpayer can't use Netfile, so it's a good idea to check out the list of restrictions at www.netfile.gc.ca before you start.

You will also need a commercial tax-preparation software package to use Netfile, and you can find the list of CRA-certified software or Web applications at www.netfile.gc.ca.

Most of these software packages, besides using Netfile to help you file your taxes quickly, give you helpful hints about things like which benefits you may qualify for.

Once you've filed online, you can use My Account at www.cra.gc.ca/myaccount to track the status of your return and to manage your tax and benefit information online. You can even use it to apply for things like the Canada Child Tax Benefit and the Universal Child Care Benefit.

And if you owe tax this year, you can pay it online using My Payment at www.cra.gc.ca/mypayment.

NEWS CANADA

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business 13

Your Money

American markets still at bargain levels

Investing

Allan Small

metronews.ca/investing

As we strive to get back to all-time highs on the Toronto Stock Exchange, we must remember what these levels are and how we once got there.

If you recall, the TSX hit all-time highs back in the summer of 2008. Conversely, the U.S. markets (DOW and S&P) reached their highs almost one year prior in the fall of 2007.

Why did the TSX reach its highs almost a year later when normally the TSX tends to follow the performance of the U.S. exchanges quite closely?

The answer is oil. Oil reached its highest levels of about \$150 per barrel at the beginning of the summer in 2008. Oil was the main factor that took our country's main index high-

er when all other major North American markets were already falling.

Today we have oil trading between \$80 and \$90 per barrel. Many analysts believe we will stay in this range for quite some time. So if one was to attempt to calculate based on an \$85 per barrel oil price where the all-time high on the TSX would be, they may calculate a much lower level. Perhaps 14,000 would be the right level?

That was the value of the TSX in the fall of 2007. Therefore, with oil at these lower levels currently (as compared to the summer of 2008) perhaps our stock market is closer

erger sector, are we getting close to appropriate valuations based on current earnings projections? The answer is closer to yes now than just a few months ago. In my opinion, if our country's markets were to move higher, the growth will have to continue to be driven by commodities and energy.

Although the Canadian market keeps moving higher, I believe there are much better opportunities south of the border. With our dollar so strong compared to the U.S. greenback, investors in Canada can gain access to a larger and cheaper market almost at par levels.

This is a huge opportunity for investors, especially since I believe the U.S. markets still have a long way to go to get back to where they were prior to the recession. I feel the Canadian markets are closer to fair value at this time.

Allan Small can be reached at asmall@dun-deesecurities.com. The views expressed are not necessarily those of Dundee Securities.

to its peak than most would think. Outside of the commodities and en-

Dividends more tax friendly

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Q I am single and will have no income this year. However, I receive dividends from my investments. How much dividend can I receive and at what rate will I be taxed? Are all dividends treated and reported the same for tax purposes?

— Drew

A Dividends are more tax friendly than interest income and most other forms of income. However, dividends are generally paid by a corporation to its shareholders. Therefore, individuals must be willing to accept the risk associated with corporate ownership.

There are several types of dividends but most individuals are commonly exposed to foreign, eligible and ineligible dividends.

Foreign dividends received from U.S. corporations are taxed similar to interest income.

Since 2005, publicly traded shares such as Bell, RBC, Suncor pay out eligible dividends and many private corporations pay out ineligible dividends. Not to dwell on the technical aspects, the type of dividend is determined based on whether the company benefited from the small business deduction or its general rate income pool (GRIP).

Individuals who receive eligible dividends are taxed on a grossed-up 145 per cent and will receive a 19 per cent tax credit (of the grossed-up dividend). An individual with no other income can receive approximately \$50,000 before paying any income

taxes. Taxpayers in receipt of an ineligible dividend are taxed on the grossed-up 125 per cent and get a 13% per cent tax credit (of grossed-up amount).

Individuals can receive about \$37,000 in dividend before paying taxes. Generous amounts for some risk taking.

...

Q Is a non-resident landlord obligated to pay taxes?

— Mario

A The non-resident landlord is obligated to remit 25 per cent of gross rental income collected. Under section 216 of the act, this amount may be reduced.

Tax filing can be complex and you should consult an accountant familiar with non-residents in receipt of rental income.

Henry Choo Chong, CGA, can be reached at choochonghcg@yahoo.ca

The Savings Standoff

Making the transition from "I can't do it" to "I can get there".



Maria Contreras
RBC Royal Bank
Product Manager,
Savings Accounts

From the day we earn our first dollar, we're taught the value of saving. But somewhere along the line, the idea of saving money just seems to get harder and harder. By the time we reach adulthood – with all its responsibilities – many of us are convinced it's impossible to save.

What's stopping you from saving? Like most things in life, the hardest part is simply getting started. And the best way to get started is to establish a finishing line. Know your goal.

Saving money is like exercising. It takes motivation, determination, and an achievable goal. But, like exercise, once you start to see the benefits of your commitment, it feels so good! Visualize your goal. Maybe it's a new HDTV. Or something bigger: a family vacation to the sunny south. Next, set a date you plan to reach it – six months from now? A year?

But back to that inner voice whispering: "Money's too tight to save". Be honest. How much can you realistically put aside every week or two? Twenty-five dollars a week might seem like a lot of money, but you probably won't miss it – and that can add up to \$1,300 in a year!

So where do you find that elusive \$25?

Start by examining your monthly finances – it's impossible to make wise saving decisions without taking a good, hard look at your budget – how much you earn vs. how much you spend. This will take time and dedication. Write down all your spending over a three-month period. This includes everything from fixed, ongoing expenditures like rent or mortgage payments, utilities and food, to little things like takeout lunches, movie nights, and your daily coffee fix.

Over time, you'll see some definite patterns, and chances are there are lots of expendable items that could translate into money in the bank. From there – and this is the toughest part – you need to prioritize. What's more important, that long-awaited family getaway, or your morning latté on the way to work? The point is, *you can save*. All it takes is a goal. And a healthy dose of dedication.

Next week: The first rule of saving.

SET YOUR GOAL AND GO GET IT!

Serious about saving? Start by asking three questions:

What? What is it you're saving up for?

How? How much can you afford to put aside, and how often?

When? When do you want to hit your goal date?

Do the math with our Savings Calculator at rbc.com/tipsandtools



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Opening-day baseball salaries grew despite the recession, although at a slower rate than in recent years. The average salary went up 1.8 per cent to \$3.3 million US at the start of this season, according to an analysis of rosters by The Associated Press. The increase was the lowest since a 2.7 per cent drop in 2004. **THE ASSOCIATED PRESS**

Sports



Pippen, Malone enshrined

Karl Malone, Scottie Pippen, left, and two of the best U.S. Olympic teams were selected yesterday as part of the Naismith Memorial Basketball Hall of Fame's Class of 2010. The 1960 and 1992 U.S. Olympic teams, which both won Olympic gold medals, will be part of the induction ceremony on Aug. 13.

THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

'I need to be a better man': Tiger

Tiger Woods, acknowledging he has "acted terribly," says he has to become a better man in the future.

In his first unrestricted meeting with the media, the star golfer said his fall from grace, like the death of his father and the birth of his children, had shown him what really matters.

"It's not about the championships, it's about how you live your life," he told a news conference at



Tiger Woods at yesterday's press conference.

the Masters. "And I hadn't done that the right way for a while. I need to change that. Going forward, I need to be a better man than I was before."

"Just because I've gone through treatment doesn't mean it stops." Woods said his double life had taken a toll on his golf, despite his many successes.

"I won numerous tournaments over the last couple of years but I wasn't having anywhere near the amount of fun. Why? Be-

cause look what I was engaged in. Living a life where you're lying all the time, life's not fun. That's where I was. Now that's been stripped all away and here I am and it feels fun again."

Woods also revealed he had five stitches in his mouth after the infamous Thanksgiving night car crash that exposed details of his sordid private life.

"I acted terribly, poorly, made just incredibly bad decisions, decisions that

have hurt so many people close to me," he said.

Asked how he kept his other life a secret, he said: "I fooled myself as well. I lied to a lot of people, deceived a lot of people."

THE ASSOCIATED PRESS



Did you know other golfers are in the Masters? Like the patiently-preparing Mike Weir.

Scan code for more. Learn how to scan on the Local page.

Oilers Losing skid over



Edmonton's Dean Arsenault tries to knock the puck down as goaltender Devan Dubnyk peers over Minnesota Wild Cody Almond last night at Rexall Place. Dustin Penner and Ethan Moreau scored two goals each as the Oilers snapped a five-game losing skid, defeating the Wild 4-1.

SCOREBOARD

NHL

YESTERDAY'S RESULTS
EDMONTON 4 Minnesota 1
Washington 3 Boston 2 (OT)
St. Louis 2 Columbus 1 (OT)

MLB

YESTERDAY'S AL RESULTS
Texas 5 Toronto 4
Chicago White Sox 6 Cleveland 0
Detroit 8 Kansas City 4
Minnesota at L.A. Angels

Seattle at Oakland

YESTERDAY'S NL RESULTS
Philadelphia 11 Washington 1
N.Y. Mets 7 Florida 1
St. Louis 11 Cincinnati 6
Pittsburgh 11 L.A. Dodgers 5
Colorado 5 Milwaukee 3

Atlanta 16 Chicago Cubs 5
Arizona 6 San Diego 3
San Francisco 5 Houston 2

NCAA

YESTERDAY'S MEN'S BASKETBALL FINAL
Duke 61 Butler 59

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This year, fish and chips is celebrating its 150th birthday. That date is according to the National Federation of Fish Friers, which represents about 8,500 fish and chip shop owners in Britain. **THE ASSOCIATED PRESS**

Food

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA



Tried and true recipes

Family and neighbours at Jeanelle Mitchell's summer cottage in northern Ontario have been the lucky recipients of her fabulous salads over the years. "Last summer I tested every recipe for this new book at our cottage," says the author of *For the Love of Salad* (Whitecap, paperback, \$19.95). In addition to recipes, the book also provides tips on cutting and preparing vegetables and the basic principles behind creating a spectacular dressing. **THE CANADIAN PRESS**

Spring into brunch classics

Welcome the season with a fresh open faced omelette and tomato salad



Open Faced Omelette Turkey Sausage, Swiss Chard and Fontina Cheese. Right: Fresh Tomato Salad.



black pepper
• 1 Tbsp olive oil
• 8 ounces turkey sausage, casings removed
• 2 green onions, thinly sliced (about 1/4 cup)
• 1 bunch Swiss chard, cut crosswise into 1-inch chif-fonade (about 4 cups)
• 1/2 cup fontina cheese, grated
• 4-5 basil leaves, torn

METHOD:

1. Preheat broiler to high.
2. In a medium bowl, lightly whisk eggs, milk, salt and pepper and set aside.
3. At medium high, heat oil in a 10-inch oven-safe non-stick skillet. Add sausage and cook, breaking into smaller pieces with the back of a wooden spoon until cooked through, about 4 minutes. Add green onions, stir 20 seconds until beginning to wilt, transfer to a plate and set aside.
4. Return skillet to heat; add Swiss chard and cook,

stirring until beginning to wilt, about 3 minutes. Add sausage mixture to pan and stir. Add eggs to sausage mixture and tilt pan to cover bottom with egg mixture and distribute ingredients evenly. Push eggs away from sides and let uncooked eggs run to bottom of pan to cook. Sprinkle basil over egg mixture and cover top of omelette with cheese.

5. Cook for 3 to 5 minutes, until eggs are just set on the bottom. Transfer skillet to middle rack of the oven and broil until top is set, about 3-4 minutes. Cut into wedges and serve immediately.

Fresh Tomato Salad

SERVES 4

PREP TIME: 15 MINUTES

SUBMITTED BY GREG STEWART, ST JOHNS, NL; TESTED BY JILL CASHMAN

INGREDIENTS:

- 5 Roma or on-the-vine tomatoes
- 1 small red onion, minced
- 1 clove garlic, pressed
- 4 Tbsp lemon juice (or red wine vinegar)
- 1/4 cup olive oil
- 1/4 cup fresh Parmesan
- Pinch dried oregano
- Pinch fresh parsley or chives, minced
- salt and pepper to taste

METHOD:

1. Wash and cut tomatoes into bite-sized pieces.
2. Combine red onion, garlic, lemon juice and olive oil. Mix to combine. Add spices and salt and pepper to taste.
3. Toss tomatoes in dressing. Grate Parmesan onto tomatoes before serving.

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Liquid Assets

Peter Rockwell

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Season sippers

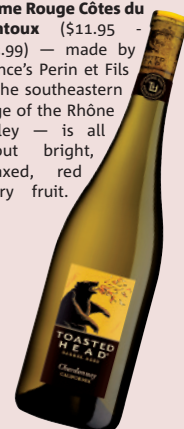
Winter has its advantages. When

the weather outside is frightful I've got the perfect excuse to avoid all the outdoor work I hate so much. Sadly, come spring the lawn, the peeling paint and that deck of mine (that I really should stain) start to call out to me.

One of my resolutions for 2010 was to spend more effort keeping the Rockwell mansion shipshape and over the last few days I've thought long and hard about keeping that promise to myself. Since I think best with a glass in hand I got the wheels turning with a couple of season friendly wines.

Though over oaked whites may have fallen out of favour with the masses; a fresh, tropical chardonnay with just a little wood matches nicely with springy aromatics and lighter menus. The **2008 Toasted Head Chardonnay** (\$16.95 - \$17.99) gets its grapes from various California regions which inject its creamy fruit flavour with soft citrus and butterscotch undertones.

Warming temperatures match best with lighter reds and the **2008 La Vieille Ferme Rouge Côtes du Ventoux** (\$11.95 - \$13.99) — made by France's Perin et Fils at the southeastern edge of the Rhône Valley — is all about bright, relaxed, red berry fruit.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Staying in good shape will make your sex life better

The J Spot

Josey Vogels

metronews.ca/thejspot

Okay so that New Year's Resolution to start exercising and get in shape never amounted to anything. Maybe you just need some added incentive. How about this? Regular cardiovascular exercise will improve your sex life.

In a study at the University of California, San Diego, 78 sedentary middle-aged men (their average age was 48) did aerobics every other day for an hour. After nine months they made love 30 per cent more often and masturbated 50 per cent more often.

That's because exercise not only relieves stress, relaxes you, increases your energy and stamina, and improves self-esteem and self-confidence (all very sex-positive), working yourself into a big, smelly sweat actually also makes you randy. Cardiovascular exercise elevates endorphins in your bloodstream and increases adrenaline and testosterone (in women too) — all the things your brain needs to make you want to say, "Do me!"

There are other sex-specific benefits from exercise.

For women, regular exercise keeps your genitals nice and fit. Like other mus-

cles in your body, the ones around your vagina get flabby with age leading to incontinence or a prolapsed uterus. As fun as all that sounds, regular exercise can help to avoid these problems. And guys, you're not always going to be the studly young things you are now. Men's levels of arousal and their ability to maintain erections wane as you age. Regular exercise will keep your blood pumping ... everywhere.

Also, a good set of butt and lower back muscles will give you stamina and keep you from collapsing while you're doing the deed.

Abs of steel, strong thighs and a decent set of shoulders don't hurt either, and that goes for men and women.

Finally, sex in itself can be a good workout. During a good session of sex (the kind that leaves your legs rubbery and your head light), your heart rate multiplies as much as three times, and your breathing is almost twice as fast.

You can also burn between 200 and 300 calories. And a good, toe-curling orgasm helps tone every muscle in your body.

Most cardiovascular fitness routines recommend that to get and keep fit you need to raise your pulse and keep it an increased rate for 20 minutes, two or three times a week.

So if you can't afford a gym membership...

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Training like a Titan

Extreme Fitness, a fitness club chain in Toronto, and Warner Bros Canada want you to look and feel like a titan. Professional wrestler, fighter and fitness trainer George Kiriakiou has come up with a sequence kick-butt moves to do just that.

"The program combines fitness training of an elite athlete with training of a professional martial artist," says Kiriakiou. "The Clash of the Titans Warrior Workout focuses on improving your mental state so that you can lose weight, increase energy, burn fat, increase core strength and get a god or goddess-like figure."

THE TITAN PUSH-UP

Step 1: Place both hands in front of you on the ground, shoulder width apart. Place feet wide apart, making sure that both arms and legs remain straight. Back must remain flat with your head looking forward, getting ready to do the push-up.

Step 2: Slightly bend your arms, causing you to bring your upper body down and forward. You want to remain having a flat back as you skim your torso across the floor.

Step 3: Continue moving your body forward and up until your arms are straight again. This will cause your lower back to arch as your hips become lower to the ground. As a result your back should be arched slightly while you are thrusting forward.

THE TITAN SQUAT

Step 1: Begin your Titan Squat in a basic squat position. This means that your feet are shoulder width apart and your arms are straight in front of you. Bend your knees so that your legs make 90 degree angles.

Step 2: From the basic squat position, jump up as high as you can while making a 180 degrees switch of position in the air.

Step 3: After completing a 180 degree jump, you want to land in the same squat position as in step 1.

LUNG

Step 1: Start off in a lunge position. Place your left foot in front and bend both legs until both legs end up in a 90 degree angle. Back should remain straight and in an upright position.

Step 2: From the initial lunge position, engage your glute muscles, your core muscles and your quadriceps to help give you the strength and power to jump up.

Step 3: Finish your Titan Lunge in a basic lunge position.

THE TITAN SPRAWL

Step 1: Begin on your knees with your back straight. Make sure that your knees remain shoulder width apart.

Step 2: From the position in step one, use your arms to help elevate you as you

jump from your knees to your feet.

Step 3: Land your jump from your knees onto your feet. You want to land in a squat position. Make sure that as you transfer from your knees to your feet, your back remains straight and your feet remain shoulder width apart.

Step 4: Jump up as high as you can. This is an explosive movement that requires you to perform the jump as soon as you feet from step 3 are on the ground.

Step 5: As you land your jump, bend over and place your hands on the ground shoulder width apart.

Step 6: Sprawl. Shoot your feet back so that your hips are touching the ground. Your feet should be slightly wider than shoulder width and your arms should be straight.



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Angelina Jolie and Brad Pitt visited Bosnia yesterday, intending to spotlight the plight of 117,000 people who have not been able to return to their homes, even though the Bosnia war ended 15 years ago. **THE ASSOCIATED PRESS**

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

The first brick

Madonna will lay the first brick of her Raising Malawi Academy for Girls today, signalling the official start of construction of the \$15 million academy, set to open in 2011. **THE ASSOCIATED PRESS**



Rufus Wainwright plays on

TheAudioFiles

Bryan Borzykowski

metronews.ca/music



Rufus Wainwright has always been an emotional artist — he's written about his addictions to drugs, talked openly about his sexual history and he hasn't shied away from singing about his famous family. But his latest record may be his most introspective yet. The album, *All Days Are Nights: Songs for Lulu*, was written while his mother, the popular Canadian folk singer Kate McGarrigle, was battling cancer.

She died in January, with Wainwright, his songwriting sister Martha and his folk singing father, and McGarrigle's ex, Loudon Wainwright III by her side.

When I spoke to the Montreal-raised artist about two months after his mother's death, he sounded exhausted. But, as usual, he didn't shy away from talking about his personal life.

"There have been times where I've just been going through the motions," he says on the phone from a beach house in Montauk,

N.Y., recalling some concerts he's played recently. "But I'd hit a chord and sing a note and somehow it just opened the floodgates to a sea of memories and feelings. I was completely flabbergasted and beside myself. There's a musical language that corresponds to her spirit for sure."

Whether it's real or imagined on my part, that spirit seems to be all over his new disc.

The record is a stunning collection of haunting piano and vocal-only songs that deal with illness, loneliness and also hope. Not every song is explicitly about his family, but tracks such as *Martha*, tackle his mother's cancer — and his relationship with his sister — head on.

"One of the great natural mysteries of the musical world is my family," he says half-joking, explaining why he writes about his relatives. "The fact is we are all successful, but not we're the Jacksons thank God. We've all managed to carve out our own singular sounds that are in one way distant, but also complementary to each other. It's a real anomaly."

The songwriting on this record gives those heartfelt lyrics an even, softer edge. The spare instrumenta-



Rufus Wainwright's new album, *All Days Are Nights: Songs for Lulu*, was written while his mother, the popular Canadian folk singer Kate McGarrigle, was battling cancer. She died in January.

tion (though the piano is incredibly complex) is a far cry from the artist's usual over-the-top musical-like pop. It was as if he wanted to bring his songwriting back to basics so he could show off

just what he

learned from his mother and father over the years.

McGarrigle did get to hear some of the album — if not on record, at least while he was writing. Because the piano arrangements were some of the most involved pieces he's ever composed, he had to practice — a lot.

"My poor mother was ill upstairs, and be-

"I'd hit a chord and sing a note and somehow it just opened the floodgates to a sea of memories and feelings."

Rufus Wainwright

cause I was really hammering out this album it wasn't a delightful listening experience," he says. "I'd go upstairs and she'd be like, 'I'm not sure about this record, it sounds good to see live, but it's a bitch to listen to.'"

Wainwright knows he still has many months ahead of him before the grief begins to subside, but that won't keep him from playing. If anything, his mother's death will keep him going. "When she died there was this almost instantiations and incredible reaction from the world press about her," he says. "It wasn't just about her being our mother, or being part of the McGarrigle sisters, but even about her own quirky view on things. There was a strong sense of a major accomplishment and legacy that I have to propagate."

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic



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Victoria Beckham is expanding her fashion empire into Russia. She has secured a distribution deal with one of the country's top department stores. Her lines of denim jeans and sunglasses will be sold at Tsum. FEMALEFIRST.CO.UK

Any colour you like

Director Vic Sarin sheds light on *A Shine of Rainbows*

KUMAR SAHA
Metro Canada



Vic Sarin's *A Shine of Rainbows* — in theatres Friday — is an apt title for a film soaked in primary colours, and well, rainbows. But it could also be a fitting way to sum up the veteran Canadian director's philosophy of filmmaking.

Over the years, Sarin has worked the whole spectrum of cinematic subjects, including the Genie-nominated thriller *Cold Comfort*, documentaries like *Dig Those Diggers* and *The Gurkhas of Nepal*, and 2007's period drama *Partition* — also his first self-penned screenplay.

The 65-year-old filmmaker says this eclecticism is deliberate.

"I like to do different things all the time. Each of these films opens a new door for me," explains the Kashmir-born Sarin, who won the Kodak New Century Award last month for his



Newcomer John Bell and Connie Nielsen star in *A Shine of Rainbows*, directed by Canadian filmmaker Vic Sarin.

parallel work as a cinematographer.

But there's one constant factor in Sarin's choices: the film's narrative has to appeal to him at a "human level."

Sarin felt this connection with Scottish writer Lillian Beckwith's novel *A Shine of Rainbows* — a "timeless, classical" book that remained stuck in his mind since he read it almost 20 years ago.

What attracted Sarin most was the character of Maire O'Donnell, a child-

less Irish woman who adopts a young orphan boy and gives him not only her unconditional love and but also introduces him to the natural wonders of coastal Ireland.

"She's the glue (of the story)," says Sarin, adding that he saw a bit of himself in Maire's ability to focus on life's positives and find magic and colour in everything around her.

"Colours to me really mean joy, which I use a lot in this film, and joy translates to love. It's metaphori-

cally very much the foundation of this film."

Being set in Ireland, Aidan Quinn (best known for his role as Irish firebrand Harry Boland in 1996's *Michael Collins*) was an obvious pick for Maire's stoic husband Alec in the film. But Sarin wasn't so sure about Danish actress Connie Nielsen — who shot to fame as Princess Lucilla in Ridley Scott's *Gladiator* — for the pivotal role of Maire. That impression changed quickly.

"She's very much what you see on camera — very warm and caring but also very professional. She pulled off the Irish accent, and she did it all within 10 days," Sarin says.

Equally impressive was 11-year-old John Bell, who plays orphan Tomas in his first feature film.

"John is a very talented young man and I think you will see a lot of him. The moment he came in, I thought this is my boy," Sarin says.

DVD picks

Bad Lieutenant: Port of Call New Orleans

Directors: **Werner Herzog**

NICOLAS CAGE TAKES the junkie lawman character from Abel Ferrara's 1992 original *Bad*



Lieutenant to a whole new level of weirdness, aided by director Werner Herzog's relocating of the action from New York to the dank back alleys and furtive hotel rooms of post-Katrina New Orleans.

Everybody in Herzog's vision of the Big Easy is tightly wound, tripping pharmaceutically or on the take — or all three in the case of Cage's Terence McDonagh, a once-noble cop whose life has taken a tragic turn downhill.

Herzog told Cage to "set the pig loose" with his portrayal of McDonagh and does he ever. McDonagh's huge appetite for drugs, sex and violence makes

him more scary than the gators and iguanas that pop up unannounced, although the critters might just be a figment of a fevered mind that is perilously close to flipping out.

The slim extras include a making-of featurette and a digital photobook of on-set photos, shot by Herzog's wife Lena.

The Lord of the Rings Trilogy (Blue-ray)

Directors: **Peter Jackson**

PERHAPS YOU LIVE in a cave, houseboat or hobbit hole where space is at a premium. Maybe you haven't already purchased one of the approximately 967 other DVD packages of this fantasy epic.

All of the above could be reasons why you'd want to splash out for this compact Blu-ray set, which neatly bundles all three films and their special features into one compact case, for a total of nine discs.

Peter Howell/for Metro Canada

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Benji throwing bombs

Forget delivering hit songs — Benji Madden can deliver knockout punches. The Good Charlotte rocker defeated former MTV host Riki Rachtman on the weekend in a celebrity slugfest in Las Vegas, People reports. **METRO NEWS SERVICES**

Picking up where they left off

Deschanel's warm personality shines through on She & Him's latest

CAM LINDSAY
for Metro Canada

A lot of talk about She & Him — Zooey Deschanel's band with M. Ward — has been focused on how it is actually possible for an actor to have a lovely set of pipes and the ability to write a great album.

Many consider Deschanel to be the exception that proves the "actors suck as musicians" rule, but her talent shouldn't have been such a surprise considering her colourful background in music. To her, She & Him is no vanity project: "I am constantly writing songs," she says. "It's my favourite thing to do."

She & Him's debut, *Volume One*, felt like a revelation when it was released by Merge Records in 2008. Since then, Deschanel has found her acting career soaring higher than ever thanks to last year's breakout hit *500 Days of Summer* and this fall's forthcoming fantasy/comedy *Your Highness*.



She & Him have released their second album together entitled *Volume Two*.

Zooey's schedule definitely forces her to balance two careers, but the way she sees it, her hectic life helped shape the second She & Him album, *Volume Two*.

"I had less time to write

the second record," she explains, "but I think that gave the songs an immediacy that the first record didn't have because those songs had been written over a number of years."

Volume Two follows in

One's footsteps. Deschanel's warm melodies and sweetheart persona shine throughout Ward's sweeping arrangements. Together they overflow like a timeless pot of 24-karat AM Gold.



Zooey Deschanel of She & Him performs songs from their last album at Barney's New York

Deschanel says making this second album wasn't much different from how they made its predecessor. "There was no conscious effort to do anything but make a sincere record that we are proud of," Zooey says. "I think we just wanted to make something that came organically out of the experience in the studio."

Ward, an established singer-songwriter of his own, is renowned for his rustic approach to recording. As She & Him, the pair

works as kindred spirits bonded by a love for old school charm.

"I like the warmth of old records, the sound of analog equipment, the songwriting," Zooey says. "A lot of music today sounds sort of like robots, which is fine, but I prefer humans."

As for how long they'll continue to make music like humans, She is leaving it up to Him. "As long as Matt wants to work with me I would like to work with him," she says.

ED	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
prime time	2	CFRN	239	318	Lost "Happily Ever After"	Law & Order: Special Victims	American Idol (HDTV) Nine finalists compete.	CTV News				
	3	KHQ	-	370	News (N)	Jeopardy! (N)	Wheel Fortune	The Biggest Loser A swimming challenge. (N)	Parenthood (N)			
	4	CBXT	-	307	Wheel Fortune	Jeopardy! (N)	22 Minutes	Laughs Comedy Fest	CBC News: The National	The Hour		
	6	KREM	-	372	News	Access H.	The Doctors (N)	NCIS "Guilty Pleasure"	NCIS: Los Angeles (N)	The Good Wife		
	7	CKEM	241	347	Law & Order: Special Victims	Parenthood (HDTV) (N)	The Biggest Loser A swimming challenge. (N)	NCIS "Guilty Pleasure"	NCIS: Los Angeles (N)	EP Daily		
	8	CITV	240	339	ET Canada	The Good Wife "Doubt"	NCIS "Guilty Pleasure"	NCIS: Los Angeles (N)	NCIS: Los Angeles (N)	News Hour		
	11	OMNI	-	-	King	Omni News: S. Asian Edition	Omni News: Cantonese Edition	TwoHalf Men	TwoHalf Men	Metropia		
	13	KXLY	-	371	4 News at 6	4 News at 6:30	Entertainment The Insider (N)	Dancing With the Stars	Lost "Happily Ever After"	(11:02) V (N)		
	16	KAYU	-	373	The Office	Raymond	TwoHalf Men	American Idol (HDTV) Nine finalists compete.	Survival Deadly diseases.	The Mormons (HDTV Part 2 of 2) (DVS)		
	22	KSPS	-	374	PBS NewsHour (N)	NOVA (N)	Foot in Grave	After You	Foot in Grave	After You		
news	24	WTVS	-	364	The Mormons (HDTV Part 2 of 2) (DVS)	NOVA (N)	Foot in Grave	After You	Foot in Grave	After You		
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	21	TBN	505	398	(5) EarthWatch One	EarthWatch One	EarthWatch One	EarthWatch One	EarthWatch One	EarthWatch One		
	27	CNN	500	500	Larry King Live (N)	Anderson Cooper 360 (HDTV) (N)	Anderson Cooper 360 (HDTV) (N)	Anderson Cooper 360 (HDTV) (N)	Anderson Cooper 360 (HDTV) (N)	Anderson Cooper 360 (HDTV) (N)		
	54	CTV	501	391	CTV News Tonight	CTV News	CTV News	CTV News	CTV News	CTV News		
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sports	9	EDACC	267	351	Alberta Primetime (Live)	(8:02) V (HDTV) (N)	Dancing With the Stars	The Middle	Old Christine	Primetime		
	14	ATV	552	543	iCarly	Scorpion	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like		
	17	TRE	553	546	Franklin	Babar	Little Bear	Toopy & Binoo	Max & Ruby	Dragon (DVS)		
	42	TOON	555	545	Jimmy Two	Johnny Test	Johnny Test	Total Drama	6TEEN	King of the Hill		
	45	FAM	557	541	Han. Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled!	Han. Montana		
	-	TVA	121	714	TVA nouvelles	Le Cercle (SC)	La Fievre de la danse (SC)	Caméra café	Q-22 (SC)	La Promesse (HDTV) (N) (SC)		
	18	CMT	575	583	According-Jim	According-Jim	Home Improve.	Home Improve.	Meet-Wilsons	Wilsons		
	25	A&E	615	520	Criminal Minds (HDTV)	CST: Miami "Flight Risk"	Runaway Squad	Runaway Squad	(10:01) Criminal Minds	Criminal Minds		
	26	MMM	571	581	mmtop10.ca	HammerTime	Gimme Sugar	G. Simmons	Wild 'n Out	HammerTime		
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	41	HIST	522	505	Pawn Stars (N)	Pawn Stars (N)	Star Trek: Next Gener.	Star Trek: Next Gener.	Star Trek: Next Gener.	Star Trek: Next Gener.		
	43	CIM	526	547	Just for Laughs	Just for Laughs	Just for Laughs	Just for Laughs	Just for Laughs	Just for Laughs		
cable variety	43	SPACE	527	528	Medium (N)	Fringe "Peter" (N)	InnerSpace (N)	InnerSpace (N)	InnerSpace (N)	InnerSpace (N)		
	44	WPCN	294	650	Law & Order: Special Victims	Seinfeld	Name Is Earl	The Fog ** (2005, Horror) Tom Welling, Maggie Grace.	Oper. Repo	Oper. Repo		
	46	OLN	411	457	Oper. Repo	Oper. Repo	Oper. Repo	Oper. Repo	Oper. Repo	Oper. Repo		
	48	TROP	619	525	End of Leash	Last 10	The Celebrity Apprentice A theme park's new attraction.	Dog Whisperer	Dog Whisperer	Dog Whisperer		
	50	STAR	621	527	The View (HDTV) (N)	The Dr. Oz Show (N)	TMZ	etalk	Access H.	Extra		
	52	HGTV	600	564	Sarah's House	Genevieve	House Hunters	House Hunters	Sarah's House	Genevieve		
	65	TLN	700	800	David Rocco	Caritas	George Lopez	George Lopez	Raymond	Raymond		
	92	APTN	269	505	Fish Out of	Mixed Blessing	Cashing In (N)	Rabbit Fall	Blackfly	Moose TV		
	93	VISION	261	394	Quantum Leap	Unscripted (N)	Crazy for Love	Pottergeist: The Legacy	The Perez Family (1995, Comedy-Drama)	My Life as Liz		
	100	MTV	581	586	16 and Pregnant	16 and Pregnant	Leah" (N)	MTV Live	Gossip Girl (HDTV)	Prime-Politics		

critics'corner

Parenthood

Kristina's constant worrying takes a toll on her love life with Adam. Max starts working with a young behavioral aide. Sarah debates whether she should go out with Amber's teacher (guest star Jason Ritter). Crosby tries to get the courage to tell his parents about Jabbar in the new episode "The Big 'O.'" 8 PM on CKEM; 11 PM on KHQ



The Good Wife

Will and Alicia deal with their growing sexual tension while defending a student accused of killing her sorority sister while under the influence of a sleep aid. Kurt and Diane continue to flirt in the new episode "Doubt." David Paymer guest stars. 8 PM on CTV; 11 PM on KREM

NCIS
Gibbs and his team turn to Washington, D.C., madam Holly Snow for help when a Navy officer's death is connected to a prostitute. Adam Kaufman, Jason London and Taylor Cole guest star in the new episode "Guilty Pleasure." 9 PM on KREM CTV

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11:00AM

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Real Housewives of New York star Alex McCord reveals in a new book that she drank while pregnant, usmagazine.com reports. McCord is the mother of two boys (ages six and four). **METRO NEWS SERVICES**

Celebrity Buzz

Bullock preps divorce docs

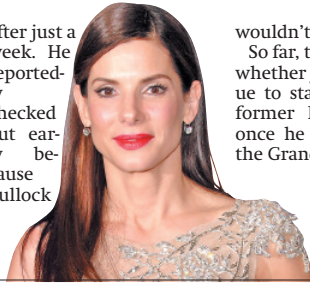
MEANWHILE, HER HUSBAND CHECKED OUT OF SEX REHAB WHEN HE FOUND OUT YOU COULDN'T HAVE SEX IN THERE Sandra Bullock has reportedly had divorce papers drawn up to end her marriage to Jesse James after his cheating scandal erupted last month, but sources say the actress isn't giving any indication of when or

if she'll file, according to Radar Online. "Her attitude toward Jesse hasn't softened since she found out he was cheating on her," a source says. "She's been betrayed and cheated on and she's not getting over that." James, meanwhile, is said to have left the Arizona rehab facility he'd checked himself into

after just a week. He reportedly checked out early because Bullock

wouldn't take his calls.

So far, there's no word on whether James will continue to stay at the couple's former Hollywood home once he heads back from the Grand Canyon state.



**METRO
WORLD
NEWS**

Trump stalker released on bail, discusses new 'strategy'

YEAH, THIS ISN'T GOING TO BE A VERY LONG RELEASE A 27-year-old man accused of stalking Ivanka Trump was released on bail Friday, the New York Post reports. Justin Massler was arrested in Nevada on suspicion that he used the Internet to stalk the Celebrity Apprentice star, adds popeater.com.

Massler, who has been

diagnosed with schizophrenia, was charged with stalking and harassment Thursday and freed on \$10,000 US bail. Jail hasn't dampened Massler's enthusiasm for Donald Trump's daughter — the accused said Sunday night that he has a new plan to woo her.

"I've got a stalking charge, so that means I



can't contact her. I won't, like, try to ever visit her directly," Massler told the New York Daily News.

In an e-mail sent to infamous author Tucker Max, Massler added, "Obviously, right now she is probably not that into me since she filed these stalking charges and I'm in the doghouse with her, but later on I'm going to try to recover and then actually win her over."

METRO NEWS SERVICES

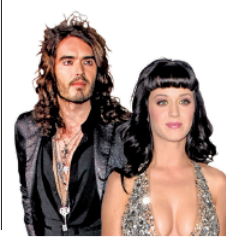
Perry only has ears for her fiancé

BUNNY LOVE Katy Perry and fiancé Russell Brand celebrated Easter with a backyard BBQ for family and friends on Sunday, people.com reports.

"There was an Easter bunny to entertain the kids and guests were wearing bunny ears," says a source. Perry even posted a photo of herself and pals with the giant white rabbit.

The couple was all over each other at the bash, which was held at their Los Angeles home. "They kept kissing and were super affectionate," adds the source.

METRO NEWS SERVICES



Follow these celebrities on Twitter...

CelebTweets

DEEPAK CHOPRA thinks he can cause earthquakes, **CONAN O'BRIEN** is at the forefront of technology, **JESSE MCCARTNEY** is inspired by his elders, and **DIABLO CODY** is relaxing with the classics.

@DeepakChopra Was meditating on Shiva mantra & earth began to shake. Sorry about that

@ConanOBrien Just got the new iPad. This amazing device has already revolutionized the way I use a calculator.

@JesseMcCartney Sitting at a cafe in Blooming's next to 3 of the oldest and funniest ladies I've ever seen. I hope I can still tackle a bottle of wine at 80.

@diablocody Watching The Sound of Music. The Baroness is the most reasonable person in this movie

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Spelling denies rumours of marital strife

SOMEWHERE IN CANADA, MARY JO EUSTACE IS WATERING HER SCHADENFREUDE TORI Spelling is downplaying rumors of marital strife with Dean McDermott after leaked footage from the new season of *Tori & Dean: Home Sweet Hollywood*, which premiered last night on Oxygen, showed Spelling telling her husband of almost four

things just like everyone else."

Footage from the fifth season of *Tori & Dean: Home Sweet Hollywood*, which premiered last night on Oxygen, showed Spelling telling her husband of almost four

years:

"It's like you got more and more unhappy and angry. I just want the old Dean back. I really do. I miss you so much."

But Spelling says not to worry — that she and McDermott, 43, are just like any other married couple. Well, minus the whole exploiting your relationship on reality TV thing.

**METRO
NEWS
SERVICES**



Lady Gaga can't fall asleep anymore

WELL, IF HER DREAMS ARE ANYTHING LIKE HER VIDEOS I CAN'T SAY I BLAME HER Lady Gaga says her success over the last two years has made her an insomniac.

"My passion is so strong I can't sleep. I haven't slept for three days," she says, according to Exposay. "I lie in bed and try to pray and breathe. I have a very overactive mind. I'm the sort of person who'd never take medication to calm

myself. It's maddening. But I love what comes out."

And she admits she's not worried about things getting worse. "I'm already crazy," she says. "I don't think it can be stopped. If my destiny is to lose my mind because of fame, then that's my destiny."

**METRO
WORLD
NEWS**



Lohan tweets about nightclub 'sell out'

I'D LIKE TO NOMINATE THE LOHAN FAMILY FOR THE WORLD'S FIRST TWITTER BAN Lindsay Lohan claims a recent incident in which she was denied access to a West Hollywood nightclub was staged by the club's security to set her up for the paparazzi. Lohan took to her Twitter account to complain about the staff

at Voyeur, insisting she wasn't even trying to get into the club.

**METRO
WORLD
NEWS**

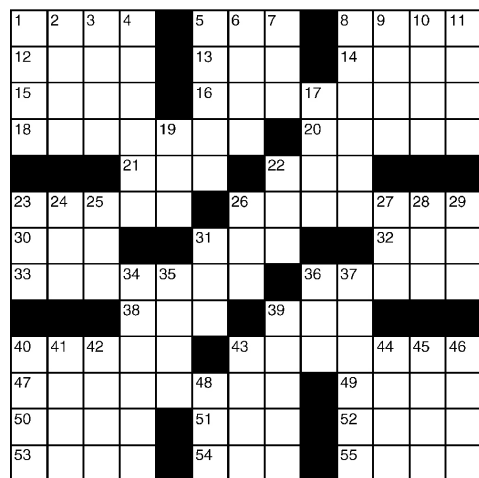




Michele McDougall, Weather Specialist & Host - Breakfast Television

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes!" **WEEKDAYS AT 6 A.M.**

Take Five



ACROSS

- 1 One of the deadly sins
- 5 — Khan
- 8 Item on stage
- 12 Chills and fever
- 13 Roadside weapon (Abbr.)
- 14 "— but known, ..."
- 15 Entreaty
- 16 Chaotic place
- 18 Attack dog, often
- 20 Beginning
- 21 Exist
- 22 Comedian Margaret
- 23 Pretend
- 26 Pitcher's warm-up area
- 30 Possess
- 31 Opposite of 29-Down
- 32 Historic time
- 33 Mark Twain, famously
- 36 Dazzlingly bright
- 38 Whatever number

- 39 Coloration
- 40 Anticipate
- 43 It usually says "HELLO"
- 47 Slogans
- 49 Undulating
- 50 Shrek is one
- 51 Chow down
- 52 Computer brand
- 53 Anthropologist Margaret
- 54 Raw rock
- 55 Days gone by

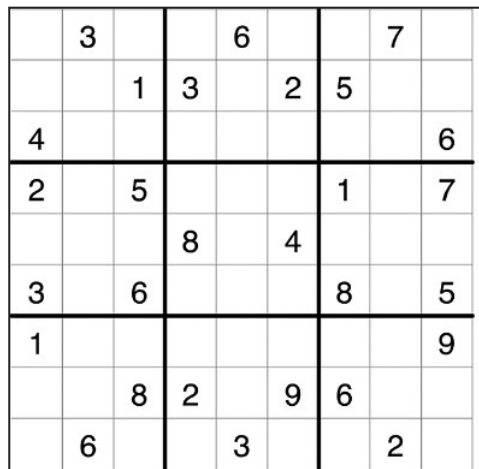
DOWN

- 1 Reindeer herder
- 2 Wrinkly citrus
- 3 Tallow source
- 4 Lipton item
- 5 Supermarket section
- 6 Robt. E. Lee, for ex.
- 7 Oklahoma city
- 8 Disinfectant chemical
- 9 Seance sounds
- 10 Garfield's pal
- 11 Actor Brad
- 17 Germany
- reunifier Helmut
- 19 Vase's cousin
- 22 Poolroom stick
- 23 Dandy
- 24 Ram's mate
- 25 Hostel
- 26 "See ya"
- 27 Shell game need
- 28 Mess up
- 29 Opposite of 31-Across
- 31 Actress Adams
- 34 Caught in the act
- 35 Oppositionist
- 36 Wrigley product
- 37 Elbow room
- 39 Waste maker
- 40 Teensy bit
- 41 Carry on
- 42 Taj Mahal city
- 43 Approach
- 44 Mexican entree
- 45 State with conviction
- 46 "Did — and gimble ..."
- 48 Ultramodernist (Pref.)

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

F	A	C	T	P	D	A	P	A	L	L	9	5	2	1	3	6	4	7	8
I	S	L	E	O	A	F	O	L	I	O	3	6	7	8	9	4	2	5	1
Z	E	E	S	P	H	A	N	T	O	M	S								
Z	A	F	T	I	G	R	I	P	E	N	S	8	4	1	2	5	7	9	3
E R R S X I V											5	7	9	3	2	8	6	1	4
P	H	A	R	A	O	H	S	E	E	L	S	5	7	9	3	2	8	6	1
A	B	S		Q	U	A	N	T		R	A	P	6	1	3	7	4	9	8
M	O	S	S	P	H	A	R	M	A	C	I		2	8	4	6	1	5	7
O H M S P A Y																			
S	O	N	O	R	A	P	Y	R	I	T	E	1	3	6	4	7	2	5	8
P	H	A	R	I	S	E	E	T	R	O	D	7	9	8	5	6	1	3	4
A	I	N	T	T	O	R	L	I	N	G		4	2	5	9	8	3	1	6
T	O	T	S		A	I	S		E	S	E								

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Kid-Friendly Pancakes

INGREDIENTS:

- 375 ml (1 1/2 cups) flour (half all-purpose and half whole-wheat flour)
- 2 eggs
- 250 ml (1 cup) 2 per cent milk
- 30 ml (2 tbsp) canola oil
- 10 ml (2 tsp) baking powder
- 15 ml (1 tbsp) sugar
- 30 ml (2 tbsp) partly skimmed ricotta cheese
- 30 ml (2 tbsp) hazelnut spread
- 1 handful sliced almonds (optional)

METHOD:

1. In a mixing bowl, whisk

- flour, eggs, milk, canola oil, baking powder and sugar until there are no clumps.
2. Mix in ricotta cheese and hazelnut spread.
3. Stir in almonds, if using.
4. Heat a skillet and coat with non-stick cooking spray.
5. Drop about 50 ml (1/4 cup) of the batter onto the middle of the skillet.
6. When the pancake starts to look firm and bubbles a bit on the top, use a spatula to flip it. Cook until the other side is browned.

SERVES 8

THE CANADIAN PRESS

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20
If you rush into something of a financial nature today you may have to rush out again quickly — and at a considerable loss.



TAURUS

APRIL 21-MAY 21
Make it your business to ask a friend or loved one why they are behaving so out of character. Don't push it if they don't want to talk.



GEMINI

MAY 22-JUNE 21
Unexpected events will throw your plans into confusion, so don't bother planning your day in any great depth.



CANCER

JUNE 22-JULY 22
Someone you have to deal with at home or at work will be rather touchy today and there is a danger their black mood will rub off on you. Don't let it.



LEO

JULY 23-AUG 23
Insist on the facts today. What other people believe may be interesting but it is also irrelevant as far as your plans are concerned.



VIRGO

AUG 24-SEPT 22
The Sun in Aries makes you ultra serious but other aspects make you want to go out and enjoy yourself. So what do you do? You enjoy yourself.



LIBRA

SEPT 23-OCT 23
It might be wise to keep your good ideas to yourself today, especially if they are the kind of ideas you cannot follow up on immediately.



SCORPIO

OCT 24-NOV 22
It would appear that you have got hold of the wrong end of the stick where an affair of the heart is concerned. Your fears are completely unfounded.



SAGITTARIUS

NOV 23-DEC 21
Someone will be somewhat critical of your actions today but you must not let it affect what you are doing.



CAPRICORN

DEC 22-JAN 20
You won't be happy with superficial answers today. Use intuition to guide you and logic to evaluate what you learn.



AQUARIUS

JAN 21-FEB 18
Don't let your emotions get the better of you. If you find yourself getting angry you must focus your mind on all the good things there are in your life.



PISCES

FEB 19-MARCH 20
This could be and should be a lucky day for you, but a lot depends on your frame of mind. If you believe that fate is kind, it will be.



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ROME via Toronto or Montreal

Hotel Center 1, 2, 3 • 3 ★
Breakfast daily • Double standard rm.
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FREE Hop-on / Hop-off tour

\$1399 +Taxes & other fees
(including service charges): \$367

Air, Hotel & City Tour

PARIS via Toronto or Montreal

Hotel Cervantes Paris • 3 ★
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(including service charges): \$416

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Sun Destinations

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Gran Bahia Principe Cayacoa • 4 ★
All-Inclusive • Standard rm.
May 9-20 • 1 wk.

\$859

+Taxes & other fees
(including service charges): \$314

JAMAICA via Toronto

**Gran Bahia Principe
Jamaica • 4 1/2 ★**

All-Inclusive • Junior suite
May 4, 5, 7-14 & 18-20
1 wk.


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\$1269

+Taxes & other fees
(including service charges): \$287
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CUBA

Santa Clara via Calgary

Barceló Cayo Santa Maria • 4 ★
All-Inclusive • Junior suite
May 1-29 • 1 wk.

\$1059

+Taxes & other fees
(including service charges): \$218

Varadero via Calgary

Sirenis La Salina Varadero • 4 ★

All-Inclusive • Standard rm.
May 16 & 23 • 1 wk.

\$1199

+Taxes & other fees
(including service charges): \$218

MEXICO

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Occidental Grand Xcaret • 4 1/2 ★
All-Inclusive
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(including service charges): \$295

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and garden view rm.
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Please add \$50 for Sat. departures

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+Taxes & other fees
(including service charges): \$100





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